WHAT CHILDREN SHOULD EAT

Adapted from Home-Science for Grammar Schools
Home-School-Community Series by Edith Greer

Prepared in the Interest of Child Welfare
For Parents, Teachers, Kindergartners, Settlement-Workers

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WHAT WILL BE FOUND IN THIS BOOK

To ELLEN H. RICHARDS

Who gave the impulse to the study of Home-Science in America.

Why Children Should Eat

A child must be fed, to grow, to be well, to be active.

Food is what is eaten. The body needs beside food, pure water, fresh air, sleep and exercise, to be able to use the food that is eaten.

Right kinds and proper amounts of food must be eaten, if the body is to be fully nourished yet not overburdened by waste-products that cause illness.

Some children are fed too little, others too much. Both are harmed.

Sometimes children are fed kinds of food that they cannot digest. Such food prevents growth and causes disease.

Wrong foods or wrong amounts of food can starve a child very much as would no food.

Since the heat of their bodies, their energy, their development, come from their food, what children do eat, makes them physically and controls what they can do.

If children eat what they need, they are strong and well-formed, and can resist inherited weak tendencies and disease. They grow and can learn. They will be wholesomely alive and healthfully happy.

Children intelligently fed during infancy, childhood, youth, may hope for normal health in adult life with natural physical strength, endurance, buoyancy.

How Children Should Eat

Little children need food frequently and in small quantities.

As children grow their need for food and for variety in food increases, as does also their ability to digest foods of different kinds. They need to learn to eat as they do to walk; and in both cases to progress as their strength and power develop.

The quantity and variety of their food need, therefore to be gradually increased with their age and to change from liquid food of few kinds to solid of many.

Food should be broken or cut fine and thoroughly chewed. Children need time for meals. They should not be hurried. They should do no work before breakfast or for half an hour after any meal. Even play should at such times be moderate.

Children should eat at meals not between, that the digestive tract may have rest. Their hands and faces should be clean when they eat, that they may not take in disease germs with their food.

Foods that must be denied children should not be kept temptingly before them, as this causes them to refuse such food as they need. Their own food needs to be palatable and attractively served.

In summer children lose water from their bodies; in winter heat. In hot weather they should therefore, be given more water; in cold more heat-giving foods, as starchy foods, milk and oil.

What Happens in Childhood

Childhood is the only opportunity children have to grow. Everything else can come later. Growth will not. Growth means something is being formed in the child or growing stronger or larger. Growth requires food and care.

Children cannot eat food that needs to be chewed before they have teeth. Hence the early need for liquid food. Solid food must wait for teeth.

Digestive juices that make the food of use to the body are, like the teeth, not all ready for use in the little child. Therefore only such foods as these are ready for, can children use. The absence of teeth is more visible but no more real than that of the substance needed to digest starchy food. This is not formed until the child is about 9 months old.

Foods for which the child is ready, are needed for the child's daily activity, also to make in the child what is still to be made. If the food needed for teeth is lacking when teeth are forming, the teeth will be inferior, not sound, not durable; a care, not a health-aid. The same is true of the bones in general and of all organs.

Health and strength of organs and body depend not alone upon food but also upon activity. The digestive tract needs exercise as do arms and legs. But, over-used or abused, the digestive tract wears out. Health goes with it. Teeth through use become stronger. When food is not thoroughly chewed, teeth and digestion are both weak and usually diseased. Use is preservative and strength-giving.

Habits are being formed as children are themselves. Habits that will ensure proper nutrition and prompt removal of waste-products throughout life, are those the child needs to form. Such habits enable Nature to take care of the body. Otherwise the physician must do this. Proper health and food-habits when firmly fixed give vigor to the life and physical strength to the body.

How Children Should Live

What children need they must depend upon those that know their needs, to secure for them. They are helpless.

Children need to be saved from defective or wrong habits that act in the life of the child as defects or deformities do in a child's body. Sometimes the habits are even harder to correct later and may cause even more ill-health and inefficiency. They cripple life as do weak bones the body.

Sleep is necessary to life. Health depends upon its regularity and duration. Children under 3, need 12 hours of sleep at night and a nap both morning and afternoon.

Rest is needed for all the body. The heart and lungs work night and day, but less at night. The eyes rest only in sleep, as does the nervous system. Upon its health depends the intelligence of the child.

Air in plenty, day and nignt, is a common need. Sleeping in close and over-heated rooms fatigues instead of refreshes a child. Lack of fresh air at night also deprives a child of a desire for food in the morning.

Exercise is needed in abundance. But children are delicate and easily harmed permanently when young or growing rapidly. Violent play or exertion, may leave a boy with a weak heart for life. Strain or undue excitement may destroy the nervous strength of a girl.

Bathing the skin aids the body in disposing of waste-products. A skin not cleansed becomes inactive and often diseased. Thorough and complete washing with warm water is needed at least once a day; for infants in the morning; for others at night. Plunge baths and washing the head and hair are also important to health. Teeth and nails require close daily care.

Waste-products left in the system, poison it and foster germ-diseases. Exercise, water, laxative foods, prevent these dangers.

Feed children. Rest them. Wash them. Provide water, air, sunshine, exercise.

What Children Should Eat

Before 9 months; Milk. At 9 months; Milk, Gruel (cereal), Gelatin.

1 yr.—Milk, Gruel (cereal), Broth (chicken, mutton).

1-1¼ yrs.—Milk, Gruel (cereal), Broth (chicken, mutton), Rice, Bread, Apple (baked or sauce).

1¼-1½ yrs.—Milk, Gruel (cereal), Broth (chicken, mutton), Rice, Bread (butter), Peach (ripe).

1½ yrs.—Milk, Gruel (cereal), Broth (chicken, mutton), Potato (baked), Bread (butter), Orange (juice).

1½-2½ yrs.—Milk, Gruel (cereal), Broth (chicken, mutton), Potato (baked), Bread (butter), Egg (soft), Orange (juice).

2½ yrs.—As before, but with increased variety, yet of only similar foods.

2½-3½ yrs.—As before, and digestible, young, fresh vegetables, as peas, beans, squash, and every 2 or 3 days, also a little meat (chicken, mutton chop, beefsteak, roast).

3½-5 yrs.—As before, but with eggs and meat on alternate days, also light dessert (custard, tapioca, gelatin).

5-7 yrs.—Greater variety. (Note exceptions, p. 9).

7-11 yrs.—Any foods advisable earlier, but with a definite tendency toward the more substantial foods. During these years a taste for a wide variety of wholesome foods should be established. Not many foods should be eaten at one time, but the ability to eat many foods should be carefully cultivated.

11-14 yrs.—Girls' and boys' need for food begins now to vary. Girls need about ⅙ less food. They usually choose somewhat more delicate and less highly flavored foods. Girls and boys need therefore somewhat different guidance and provision. Both should, however, be adequately fed according to their respective needs. Some girls under-eat. Boys tend to over-eat meat. This will induce eczema. The need for meat at this age is real, but the diet must not be too exclusively animal food. Both girls and boys are developing rapidly at this time. They must have food enough for their daily life and growth.

14-16 yrs.—Food-needs of both girls and boys now approach those of adult-life of women and men. Late eating and stimulating foods and drinks, will ruin the physical constitution and undermine the life. Regulation of life processes at this time, gives tone to the body, control and direction for the mature life.

What Children Should Not Eat

Omit Until After the Second Teeth:

Fat, except cream, butter, oil (as prescribed). Other fats are less digestible.

Acid foods (tomatoes, vinegar, pickled foods).

Woody fiber vegetables, as cucumbers, radishes, celery (raw), carrots, etc.

Preserved foods of all kinds.

Fresh and warm breads.

Omit Throughout Childhood:

Pies (pastry), rich cake, rich nuts, gravies, dressings and heavy foods.

Sugar, except in very small quantity. Not constantly in evidence and never in abundance. Some sugar is needed, but it tends to ferment in the body and disturb digestion. No candy in early childhood; for children of any age, very little and that home-made.

Fat and sugar furnish heat and energy but do not build the body. When sugar is eaten, foods that build the body are neglected.

Woody fiber is indigestible, therefore, may become a burden to the body.

Bread not easily crumbled, is not reached by the digestive juices. It, too, then becomes a burden, not a food to the child.

Coffee, tea and all drinks except water, milk, fruit juices indicated and cocoa, light, neither rich nor heavy.

Tea and coffee excite but do not nourish a child. They thus directly harm a child. They indirectly starve it by robbing it of the desire for the food that would nourish it. Tea is constipating. It thereby holds the toxins of waste-products in the body.

Diet Facts: Variety is necessary, but within the limits noted. Avoid over-restriction of diet. It under-nourishes the body and leaves it unformed, also often open to disease.

Only as the digestive tract is used as a whole (as it develops) will it be able in later life to digest the kinds of food the body needs, or will it itself have health. Predigested foods or restricted diet may, therefore, by not adequately exercising the digestive tract, cause it definite injury.

Diet-limitations imposed by illness, pp. 20-22.

Emphasis in diet should be upon what can be eaten and such preparation and serving as will make food acceptable and satisfying.

Service and cooking of food control palatability.

Selection and mastication determine nutrition.

When Children Should Eat

Food is needed at intervals, not constantly. It should be seen only when it is to be eaten.

From 1 to 5 years, children need food 5 times daily (12 hrs.) about 3 hrs. apart. (Upon rising, after bath, after morning nap, after afternoon nap and in late afternoon when prepared to retire but 1 hr. before going to bed.) Meals: 1 and 5 should be light, 2 and 4 a little heavier. 3 should be the substantial meal of the day.

After 3 yrs. morning naps are unnecessary for well children. Children should not be bathed or dressed or undressed or excited in any way immediately after eating. They then need their energy for digesting their food.

After 5 yrs. 3 regular meals are advised, but a glass of milk or broth and bread, should be freely given midway between meals, to children that wish this or delicate children that need more food or food more frequently. The mid-day meal should still be the most substantial.

Children should eat by day-light. Early breakfast in warm weather is more invigorating than late.

In summer ¼ to ⅓ less food is needed. The food-needs to be more liquid, to appear and to be refreshing and less heat-giving.

In cooler weather, due to increased activity and loss of heat from the body, more food and more solid and more heat and energy-giving foods are essential. The evening meal cannot then be so light. Growing children use their food rapidly when active out-of-doors. This is their need if they are to be well and to grow.

Delicate children need beside more frequent food, not too light nor too early a supper, and should be given, when they feel the need, a glass of milk later, if this is found to agree with them.

How Much Children Should Eat

The age, size and activity of the child all affect what quantity of food it should have.

A child's health, freshness of appearance, its weight and free action, show whether it is properly fed.

Comparative Quantities of Food Required by Children:

Child 2-5 yrs. needs ½ more food than a child of 2 yrs.
Child 6-9 yrs. needs ⅔ more food than a child of 2 yrs.
Girl 10-12 yrs. needs 2 times as much food as child of 2 yrs.
Boy 10-11 yrs. needs 2 times as much food as child of 2 yrs.
Boy at 12 yrs. needs 2⅓ times as much food as child of 2 yrs.
Girl 13-14 yrs. needs 2⅓ times as much food as child of 2 yrs.
Boy 13-14 yrs. needs 2⅔ times as much food as child of 2 yrs.
Girl 15-16 yrs. needs 2⅔ times as much food as child of 2 yrs.
Boy 15-16 yrs. needs 3 times as much food as child of 2 yrs.

What the boy 15-16 needs, is what a woman at heavy work requires and $\frac{1}{10}$ less than a man at light work eats.

Quantities Needed in General (Specifically given in Home-Science)

Child at 2 years—Average daily food-requirement.

Bread and milk 1 cup, morning and night.

Cereal, milk, baked apple, forenoon; equivalent in afternoon.

Egg, rice, bread, butter, gelatin at noon.

Child at 5 yrs.—Little meat, little sugar, more fruit than earlier.

First and last meals change little. 2 and 4 not much.

At noon: Soup (vegetable), chop or chicken, potato or rice, custard.

Child at 10 yrs.—Variety of simple but unlike foods.

Milk 1 cup, cereal, egg, bread, butter, fruit. Morning, 7-8.

Milk soup, meat, potato or macaroni, onion or spinach, gingerbread. Noon, 12.

Milk cornmeal mush, apple tapioca. Night, 6.

Older children until adult life.

Abundant wholesome nourishment at seasonable hours.

Meat once a day, also eggs or fish during rapid growth.

Sugar for those that are very active, need not now be avoided as earlier, except in excess.

Hot nutritious luncheons, are imperatively needed.

Soups, bread in variety, sandwiches, salads, fruits, milk, cocoa, pure ice-cream, only plain cake, no pie.

How to Choose Food for Children

Milk is a food that builds tissue and gives heat, hence energy.

Grains (cereals, flours); some vegetables, as peas, beans; and such nuts as peanuts and chestnuts, also provide for both building and energy. Grains thoroughly ground and properly cooked are digestible. They however give the intestine longer and harder work.

Meats, Eggs, Fish, build tissue. Oysters have a composition similar to milk. Poultry is a building food without much fat to disturb the digestion of a young child. Broths are only slightly nutritious.

Vegetables containing starch (potato, rice, etc.) provide heat, therefore energy as do sugars. Sugar or starch in excess in the diet deposits fat in the body. Drinking water while eating also does this.

Fruits and green vegetables promote digestion even when they do not in themselves add much nutriment.

Water is needed in abundance. Upon rising and before retiring a glass of water taken gradually does for a child inside what bathing does out. The need is no less. The effect upon the health may be even greater.

Mixed diet is advised because it meets all the needs of the body more easily and usually more fully than a more restricted diet. All food-elements needed are not in grains and vegetables in the proportions required by the body. A vegetable diet therefore overworks or under-nourishes the body. A mixed diet uses the digestive tract as a whole. This furthers digestion. A mixed diet also supplies the salts needed by the body. Milk, eggs and vegetable food furnish mineral salts. Common salt, in limited quantity is also needed. Little sugar, not much starch, limited meat, carefully chosen fruits, uncooked fats, make the mixed diet for children. All are needed.

How to Combine Food for Children

Meals need to be composed of different foods. Foods need to be so combined that the resulting meal is simple and palatable. They should taste well together, look appetizing, be attractively arranged and not require the digestive tract to act at one time upon a number of like foods. Each meal should contain foods that build tissue and that supply energy and heat.

Building	*Building and Energy*	*Energy*	*Promote Digestion*
Beef	Milk, eggs	Potato, rice	Green vegetables
Mutton	Cereals, breads	Tapioca, sago	Fruits, raw
Chicken	Crackers (cereal)	Cake, sugar	Fruits, cooked
Oysters	Macaroni, cornmeal	Bananas, dates	
	Peas, beans	Cream, olive oil	

The dietary of a day should also ensure the presence of laxative foods. The need of water should always be remembered.

Laxative Foods: Apples, peaches (ripe), orange and grape juice, prunes, dates, figs, rhubarb, onions, spinach, tomatoes, green vegetables in general, cereals, mush (rye, graham, whole-wheat), bread, gingerbread, olive oil at night.

In cooking, several types of food are often so united that each adds what the others lack, as gelatin and fruit juices or prune whip or custards of milk and eggs or vegetable soups.

In a diet a similar working together of unlike foods is always to be sought. Each food however, needs to be introduced gradually in form easy to digest and in combination with foods that are palatable and nutritious together.

As some foods must be omitted from a child's dietary, so must some combinations of foods, as milk with acids (strawberries or tomatoes), melted fat with starch, as this would encase the grains and thus prevent their use in the body.

Some foods not digestible for little children may be for older girls and boys, as are nuts, mild cheese, etc.

How to Prepare Food for Children

Food must be of good quality, fresh, clean. It must be kept at low temperature and be protected from dust, flies and other disease-sources. It must be handled only by those that are themselves well.

Raw foods, as vegetables and fruits should immediately before they are used, be quickly washed in hot water, then plunged into cold. Crispness is thus preserved and freedom from germs secured.

Cooked foods should be freshly prepared. Decomposition occurs when they stand even at low temperature. This endangers health. Cooked foods when promptly eaten are very wholesome and palatable. Fruits cooked are a little less laxative. Milk, eggs, meat are a little more digestible raw.

Cold and hot foods serve the body somewhat differently. Cold foods are often refreshing and stimulating without being nourishing. Hot sometimes enfeeble the digestive tract and deprive it of vigorous activity. Foods near the temperature of the body with occasional colder and hotter foods, seem to promote digestion, hence health. Cold luncheons or suppers do not nourish children.

Cooking for children must be without fat (cooked fat they cannot digest). Cooking must also be very simple but with flavor. Natural flavors must be developed through cooking Salt only should be added.

Starch in vegetables and cereals requires high temperature at first, to burst starch granules. Cereals then need prolonged low temperature.

Broths from meats require the reverse; prolonged low temperature to extract juices, then high for a short time to obtain gelatin.

Meats need high temperature at first when juices are to be retained in the meat.

Little children need food strained. Next they need it finely cut. Older children need more solid food. Parts of foods not acceptable for young children are desirable for those that are older. For example, beef from which juice has been extracted is nutritious and wholesome for children over 10.

How to Prepare Whole and Digestion Foods

No food is a whole food in the sense that in itself it would be an entirely satisfactory diet for a person. Milk and eggs are so-called. See p. 18.

Milk and eggs are of exceptional use in the body. They serve as foods to be eaten with others, also as ingredients of composite foods such as all flour-mixtures and complex made-foods, as light desserts, soups. Milk and eggs always increase nutrition. Those to whom they are indigestible when served alone, can and should eat them in other foods.

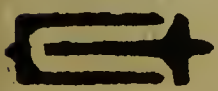
Both milk and eggs must be fresh and not overheated. Milk must be pure. It should be used as a drink throughout childhood, also as a food dressing, and freely as a food-ingredient.

Eggs when fresh sink in salt water (3 t to 1 C). An egg should cook to the even milkiness desirable for its full digestion when placed for ten minutes in a cupful of boiling water taken from the stove and covered. Custards and egg-white whipped are both very desirable for children.

All foods are to some degree digestion foods, but green vegetables and fruits particularly are aids to digestion. Both are a little more available to the system when cooked. Both are refreshing and useful raw.

Fruit at meals should follow rather than precede other food, as the acids may retard the digestion of starch. Fruit sauces made with sugar alone or with water and sugar are wholesome for older children. Fruit juices with gelatin are palatable. Fruits over or under ripe must be avoided. Skins and seeds must be removed.

Green vegetables must be fresh, clean and quickly cooked in boiling salted water. For small children they must be given as purées or in broths or be dressed with milk. Until children are six they should not eat vegetables raw. Celery, spinach, asparagus, cauliflower, onions, carrots, beets and corn may be eaten by children but the result must be noted and foods be delayed which seem not to be digested by a child.



How to Prepare Building Foods for Children

Building or repairing-foods come from either the animal or vegetable kingdom. Those from the animal, as meat, eggs, milk are somewhat more digestible than those from the vegetable, as peas, beans, cereals.

Vegetable building foods are energy and heat-giving too. See p. 17.

Tender cuts of meat are essential for children. These must be only slightly cooked, to be digestible. Fat must be removed.

Beef—Steak and chops, tender and broiled, or heated and scraped.

Roast—Beef, tender, rare. Pan gravy skimmed.

Chicken and Turkey—White meat, cut fine. (Squab and sweetbreads are also suitable for children if carefully selected and prepared.)

Meat Stews—Tender meats, cut fine, cooked in little boiling water with vegetables.

Fish for children must be without fat and fresh. Boil or broil.

Broths and soups are stimulating rather than nourishing. They are used when liquid food is necessary and for variety and palatability.

To Make Broths—Cut meat fine, soak 2-6 hrs. in cold water, salted. Cook 2-5 hrs. (low temperature); at end, high for 1 hr. Cool, skim, heat hot (by low temperature) and serve.

1 lb. Meat makes 1 qt. broth; add 1 T barley or rice or arrowroot or sago.

2 lbs. Chicken make 1 qt. broth; add 1 T gluten or macaroni or gelatin.

Veal may be used for broths, with mutton or chicken.

Milk thickened with flour may be used with equal quantity of broth.

Vegetables may be added and strained out or left in for older children. (Parsley, celery, onions, spinach, cauliflower, etc.)

Bread dried, toasted, or unsweetened or plain crackers may be used with broths.

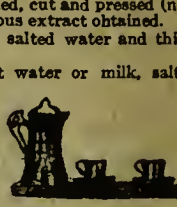
Broths may themselves be used as dressing for other foods, as chopped meats, eggs; rice and hominy used as vegetables, may be cooked in broth.

Mutton and chicken contain less extractives than beef. They are therefore less exciting.

Beef-juice—Round steak slightly broiled, cut and pressed (no butter). This is the most nutritious extract obtained.

Beef-tea—Meat cut small, bottled in salted water and this heated in water (4-6 hrs).

Oyster Broth—Heat oysters, add hot water or milk, salt, strain, serve.



How to Prepare Energy Foods for Children

Energy and heat come from starch, sugar, fat. (Cereals, vegetables, fruits, nuts and animal fats in milk and meats).

Gruels are liquid preparations usually of cereals.

Porridges, soft preparations usually of cereals.

Purées, smooth preparations of cooked vegetables strained through a close sieve.

Gruel—2 T cereal (soaked), 2 C boiling water, ¼ t salt. Double boiler, 3 hrs.
Arrowroot and farina 1 T to 1 C water in double boiler as above, or Fireless cooker 12 hrs.
Oatmeal, barley, flour (plain or browned) are used for gruels. ½ milk with water, if preferred. Add milk after boiling.

Porridge—1-1½ T cereal, 1 C boiling water. Salt. Cook as gruel.
Oatmeal, cornmeal, (barley, rye, wheat) ground, gluten, hominy, rice.
These produce heat. In summer use from right to left. In winter use from left to right.

Vegetables, starchy, as potatoes, must be cooked until mealy.
For children, baking is preferable to boiling.
Rice, hominy, macaroni should be used.
(Add to boiling salted water—cook 20 min.—drain.)
Peas and beans contain starch. Prepare as purées.
Milk or cream dressing is desirable for all vegetables.
(Butter 1 t, flour 2 t, milk 1 C.)

Bread—Flour (warm) 6 C; water (barely warm) 2 C; or (Water, barely warm, 2 C, milk 2 C); yeast, ½ cake; salt 2 t; sugar 1 T, lard 1 T or butter 1 T.
Dissolve yeast in ½ C water, warm. Add to water, sugar, lard and salt.
Stir in flour. Allow to rise at 70°-75° F for 3 hrs. Shape in loaves.
Rise, 30-40 min. Bake in moderate oven ½ hr., then hotter 30-40 min.

Toast must be dried through in oven and buttered only slightly as eaten.

Crackers must be cereal or milk, not sweetened and not starch alone.

Muffins of whole-wheat or cornmeal with graham flour or rice or hominy, can be given to children (with second teeth) if made light and mostly crust.

Cake, candy and light desserts are also energy foods that are used as supplementary to the fundamental diet. In this sense they are part-foods. See p. 18.

How to Use Whole and Part Foods

Milk and to a less degree, bread and eggs, contain food-elements that the body needs for building, repair, heat, energy, digestion. These elements are not, however, in the proportions needed by the body. Even milk for the infant that must be fed cow's milk, must be modified.

Early in life these foods, sometimes called whole foods, are used as they afford in digestible form, the nourishment then needed for daily use and growth. They so make this provision that a child while little or when ill, may be substantially fed on few, wholesome foods.

Later and under normal conditions of health and growth, such foods need to be supplemented by those that will give the food-elements that these are deficient in and in the proportion needed by the active, growing child. Such supplementary foods may be considered part-foods as compared with the so-called whole-foods.

Most foods, however contain more than one food-element. But the main use, is considered that of the principal constituent.

Whole-foods continue in use in the diet but in combination, as noted. Many light desserts make free use of milk, eggs and grains.

Desserts:

Cereal Jellies—Grnels boiled to concentration.

Cornstarch—1 T to 1 C hot milk, 1-2 T sugar, cooked in double boiler ½ hr.

Apple tapioca, rice pudding, stewed figs and dates with whipped cream.

Bananas ripe and sliced, with cream or thin custard.

Cake—Sugar mixed with flour is more wholesome than alone.
Lady fingers (home-made) and plain sponge cake, light and dry.
Gingerbread, not heavy. Plain cookies occasionally.

Candy—Only for older children and then always home-made.
Molasses plain or with a few peanuts. Boiled sugar flavored simply.
Neither rich beaten sugars nor sweets of many ingredients mixed with confectioners' sugar.

These supplementary foods supply heat and energy, give variety to the diet and appeal to children. They are of benefit when used thus and not as substitutes for more needed foods.

Service of food to children is always important. It should be attractive so that wholesome food may appeal to them. As food appeals and "the mouth waters" the digestive juices all along the tract prepare to flow.

How to Choose Food Suitable for Illness

Problems in invalid feeding are: selection, preparation and service of foods that suit the disease and the person.

Effects of food should always be noted. In disease this is a vital need. The hampered digestion of illness makes the food of the earlier periods of childhood (when development was limited) again the necessity of the sick child. But it should be remembered that the taste of the patient has advanced. Infant food is insipid and unpalatable even to children unless selected and flavored to accord with their taste.

Food must be so prepared as not only to have flavor but to be free from indigestible substances, such as skins, etc. It must be refreshing and invigorating and not such as to burden or clog the system. Food must be kept out of the sick room, also all odors of cooking. Food must not be discussed, as then everything seems unpleasing. China and linen should add freshness.

Food-prescriptions of a physician can only indicate the restriction of diet which the physical condition imposes and suggest the general types of food, temperature needed and time-relation of feeding to medicines given.

The preferences and the food-habits of patients are important. These are known only in the home where they are formed and expressed.

Slight disorders often disappear at once upon diet treatment. Skin troubles are usually due to restricted or indiscreet diet. They disappear when the cause is removed. Eczema due to excess meat is so controlled. Bone deterioration or bone of inferior formation is also corrected by diet. This requires full mixed diet and milk and eggs in addition to regular meals.

Care in regard to food saves the necessity of care for illness. It also saves the child's life to usefulness and keeps it in health.

Children's Hospital Florence, Italy

How Children Should Eat When Ill

Illness in children is either general ill-health or acute disease or a weakened state following disease.

General ill health may be due to delicate constitution or neglect or lack of food or of other needs of the body.

Intelligent care and suitable food often correct general ill-health.

Acute disease is usually due to disease-producing germs.

Cleanliness of food, person and surroundings, with habitual proper nutrition averts infection, also gives physical resistance to it.

During disease food must be adjusted to the changed physical condition.

Convalescence is Nature's requirement that strength that has been drained or strained by disease, be re-established before it is again taxed normally. The need is for re-enforcement by nourishing food that can be digested even when a child is in a weakened state.

Disease of all types usually disorders digestion and necessitates change in food. In disease Nature always does much to sustain strength and restore health. Such natural curative power is, however, lost if over-taxed by wrong or excessive feeding.

Disease introduces poisons into the system and retains in it those due to unremoved waste product.

Water is therefore, needed in increased quantity.

Food is therefore, needed in decreased quantity and in liquid form, at least until a physician can be consulted and feeding be accurately adjusted to the exact physical need.

Strength must not, however, be permitted to wane through lack of nutrition. Food-habits should be disturbed as little as possible in illness.

General Diets for Illness

Liquid Diet is used almost invariably in acute disease and is generally advisable in the late afternoon or whenever a patient is strictly confined to bed.

(Water, milk, whey, barley and rice-water, gruels, beef-juice, broths and egg-white).

Light Diet is easily digested food. It is used when substantial food is needed without the exertion required to digest usual solid food. One food should be introduced at a time, as with a little child.

(Eggs soft, milk toast, milk soups, broths (seasoned), beef scraped, oysters, chicken, simple puddings, as soft custards, tapioca, jellies of gelatin and digestible fruits).

Convalescent Diet—Few simple, digestible foods at a time, in small quantities, usually given frequently.

(Eggs, oysters, clams, tender meats, fresh fish; readily digested vegetables, as rice, potato, baked; bread, well baked; dry, fruits, ripe and cooked; milk).

Laxative foods are a common need in health and may be in illness. Their use and water can together render medicines for this purpose unnecessary and make digestion vigorous and health secure. To do this the same food must not be constantly used as it then loses its power as does a medicine repeated many times. For the foods to use see p. 13.

Colds are due to unremoved waste products, vitiated air and exposure. Laxative foods and water are both preventive and curative. Fresh air and even temperature aid in restoring health impaired by colds.

What Food is Needed in Special Diseases

Nervous disorders (aside from those springing from inherited tendencies), are induced by lack of sleep, presence of excitement, over-stimulating food or insufficient air or neglect in regard to the waste-products in the body. Removal of the provoking cause is needed. Again laxative food, rest, air, simple, wholesome foods, are the health-habits required.

Anemia—In it the blood is unable to take the oxygen needed in order to use the food in the body. It may come from general lack of vigor, deficient animal food, or excess of sugar. Nutritious food; milk, cocoa, beef-tea, midway between regular meals; a substantial breakfast; warm luncheon and supper; and regular, complete removal of waste-products, are necessary.

Tuberculosis tendency—With it lung-tissue is weak, if not diseased. It needs strengthening if not building through food, fresh air in plenty, night and day, and deep-breathing. Food for anemia. Give milk (cream), meat (tender) abundantly, vegetables easily utilized and fruit.

Scarlet Fever—After-conditions are often more serious than those during the disease. The kidneys may be affected. Then meat and eggs must be lessened or discontinued.

Diphtheria and bronchial disorders, require nourishing food.

Typhoid Fever—The intestine is dangerously impaired by the action of bacteria. Wrong food may therefore menace life.

Milk peptonized, koumyss or egg-white, is given. A physician's guidance is imperatively needed.

Diarrhoea in general, demands gelatin, egg-white, milk peptonized, rice-water, sago, tapioca, arrowroot foods; meat-juice when advised.

Children's diseases are no longer necessary evils but avoidable foes that do not readily attack children strengthened by proper daily food and care and wisely treated in ill-health, physical weakness and while delicate.

Facts as stated are from many sources regarded as scientifically trust-worthy.

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Resistance is the need of all children.

They are hardened not by exposure but care.

Well-ordered lives give them endurance.

Health is possible to almost every child. But it is within the reach of children of all circumstances, only as they are aided by adults to whom they must look for responsible care and an earnest, intelligent interest in

Child Welfare

HEALTH NECESSITIES

Impure milk may kill a child and always injures it. Impure water does likewise.

Adult-diet undermines a child's constitution.

Incomplete digestion and constipation produce toxins that debilitate the child.

Air and water are necessary to digestion.

The more complete the mastication the more complete the digestion.

Over-eating, under-eating—Disease.

Clean food, clean dishes, clean hands, clean mouth

HEALTH